

MAY 29TH, 2015

Supping in Vancouver: Provence Marinaside



Provence Marinaside
1177 Marinaside Crescent Vancouver.
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Since I seldom eat breakfast out on weekdays and my mid-morning meetings tend to be at coffee shops rather than at full service restaurants, I didn't know that Provence Marinaside serves breakfasts. But searching for a location in walking distance from home, with a water view for a celebratory and farewell breakfast with family, I found out that Provence Marinaside is open from from 8 am to 10:30 pm and has a great breakfast menu.



I made a reservation for 10 am. We arrived at the newly renovated restaurant shortly after that time and were promptly seated. Back on my high protein, low carb regimen again, I opted for the ham and cheese omlette with Black Forest ham, gruyère cheese and fresh herbs.

I noted that the egg dishes on the menu are accompanied by potatoes and fresh fruit and a serious inner debate as to whether I should ask for the potatoes to be left off - low carb

and all - but decided I should have the discipline to taste and not devour. The potatoes were deliciously crisp outside with flaky interior and I actually managed to restrict myself to just eating a couple of pieces.



One of my guests wanted the fruit salad with yogurt and granola, which is usually served in a single bowl. But she requested the deconstructed version that is shown in the photograph and our server was happy to oblige her.

The other guest enjoyed his two eggs with a toasted baguette. It came with a choice of accompaniments between sausages, bacon, roasted vegetables or smoked salmon, and he had the salmon.

We ended our meal with a cappuccino for me and tea for the guests. My visitors commented that the restaurant is open and airy and they enjoyed a relaxed and pleasant breakfast - a nice way to end their Vancouver vist.